

What is claimed is:

1. A method for producing a soybean material, comprising crudely crushing a starting soybean material or its selected seeds from which foreign substances have been removed, into a size of less than 1/2, and separating and concentrating a soybean germ fraction.
2. A method for producing a soybean material, comprising crudely crushing a starting soybean material or its selected seeds from which foreign substances have been removed, into a size of less than 1/2, flaking them, and separating and concentrating a soybean germ fraction.
3. A soybean material containing 15 - 80 % by weight of the germ content, which is produced by the method according to Claim 1 or Claim 2.
4. Oil prepared from a soybean material containing 15 - 80 % by weight of the germ content.
5. Oil prepared from a soybean material containing 30 - 80 % by weight of the germ content.
6. Oil prepared from a soybean material containing 15 - 80 % by weight of the germ content which is produced by the method according to Claim 1 or Claim 2.
7. Oil prepared from a soybean material without any addition of sterol, which contains 0.8 % by weight or more of a total sterol content.
8. Oil according to one of Claims 4 - 7, in which a content of Campesterol in the total sterol is 7.0 - 14% by weight or less.
9. Oil according to one of Claims 4 - 8 in which a total content of  $\Delta^7$ -Stigmastenol,  $\Delta^7$ -Avenasterol, and Citrosteradienol in the total sterol is 20 - 51% by weight.
10. Oil according to one of Claims 4 - 9 which contains tocopherol in an amount of 100 mg or more per 100 g of the oil.
11. An agent for lowering cholesterol in a body, which comprises as an effective component the oil prepared from

the soybean material containing 15 % by weight or more of the germ content.

12. An agent for lowering cholesterol according to Claim 11, which is an agent for lowering cholesterol in serum.

13. A food containing the oil prepared from the soybean material containing 15 % by weight or more of the germ content.

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